-+Use this format for the Research Project Outline.

Copy & paste the outline below into your Wiki Page

Replace the word ‘Topic’ with your topic.

Leave the outline & add your information to the outline.

Topic

1. Definition

1. Identify/define topic:
2. History/Origin of item:

2. Signs/Symptoms

1. Specific examples:
2. How long they should last before concern:
3. Genetic, hereditary or environmental factors:

3. Treatment/Managing the problem

1. If treatment is available, examples and details listed:
2. Role of diet: people that have allegories to certain food can have an asthma attack from those foods.
3. Role of exercise: Exercising can help improve the symptoms and frequency of attacks. People with asthma have to stay in better shape than everyone else just to be even with the others.
4. Role of medicine: There are two types of medicine: Control Drugs and Quick-Relief drugs. Control drugs are used to control symptoms and must be taken daily even when you feel fine. Quick-relief drugs are used during an attack to stop the wheezing.
5. Role of family support given: Family’s have to watch out for their family member and make sure they stay within their physical limits so they don’t have an attack.
6. Management of problem short-term: quick- relief medicine is short term relief and will wear off. When exercising take frequent breaks to regain your breath.
7. Management of problem long-term: Exercising can improve your fitness so asthma attacks won’t happen as easily.
8. Impact on the individual and family:
9. Impact on the family:
10. Statistics integrated into the data:

4. What I learned/3 WOW’s

1. New information learned:
2. New information learned:
3. New information learned:

5. Resources

"Asthma - PubMed Health." *PubMed Health*. Web. 31 Jan. 2012. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001196/>.